Period Summary

Daily Average	Cals (kcal)	Fat (g)	Carbs (g)	Prot (g)
Breakfast	146	8.41	7.36	8.28
Lunch				
Dinner				
Snacks/Other	105	0.39	26.95	1.29
Total	**251**	**8.8**	**34.31**	**9.57**

Daily Totals

	Cals (kcal)	Fat (g)	Sat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Prot (g)	Sod (mg)	Chol (mg)	Potassium (mg)
Thursday, October 2, 2014	251	8.8	3.746	34.31	3.4	16.33	9.57	166	227	548
Total	**251**	**8.8**	**3.746**	**34.31**	**3.4**	**16.33**	**9.57**	**166**	**227**	**548**